

Search

Search Web

ENTERTAINMENT

AUTO

BUSINESS

CREATIVE WRITING

HEALTH

HOME IMPROVEMENT

LIFESTYLE

NEWS

SPORTS

TECH

TRAVEL

ALTERNATIVE MEDICINE

DIETING & WEIGHT LOSS

DISEASES & CONDITIONS

ALL CATEGORIES

Search Voices

SEARCH VOICES

Top 5 Home Remedies for Stomach Pain

Lemons, Ginger, the BRAT Diet, and Chilled Lime Juice



Stanley Bell, Yahoo! Contributor Network

May 6, 2010 "Share your voice on Yahoo! websites. [Start Here.](#)"

MORE: [Lemon](#) [Stomach Pains](#) [Cures for the Common Cold](#)

Print

Flag

Stomach pain has developed many home remedies over the years. If your abdominal pain is extremely severe, get to a hospital for medical treatment. Otherwise, look at these top 5 cures for an



upset stomach.

1. Lemons: A Safe & Fast Natural Cure for Stomach Pain After Eating

Indigestion is a common cause for stomach pain which results typically from overeating or not properly chewing food (eating too fast). Antacids can relieve stomach pain after eating, but the ingredients (salts such as magnesium, calcium, and aluminum) can be harmful if taken more than occasionally.

Lemons or limes are a safe and natural remedy

for indigestion.

Common sense would make you ask, "If there is too much acid in my stomach, and lemons have acid, why would I want to add more acid to my stomach?" Here's why. Excess acid in the stomach comes from harmful bacteria. Yes, lemons contain ascorbic acid (a.k.a. vitamin C), however this home remedy works because it kills the *source* of the problem: the harmful bacteria. By contrast, antacids work on the *symptoms* of the problem: the acids from the harmful bacteria.

Baking soda works much like antacids by neutralizing harmful acids. It's not the best choice, but can be used in a pinch if that's all you have on hand. Mix 2 teaspoons of baking soda in water with a pinch of salt. Add lemons if available. However, don't use this as your regular solution. Instead, grab some lemons next time you're at the store.

2. Ginger & Other Herbal Remedies for Abdominal Pain

Ginger is another natural remedy for upset stomach. It works on *symptoms* by balancing the acidity in your stomach. Another benefit of ginger is faster digestion which will cut down on the time food spends rotting in your stomach. This is what makes ginger unique among the other home remedies for upset stomach. You should not consume more than 1 gram of ginger in any given day as this may upset your stomach more. It's better to split this up into 3 or 4 servings each day.

For other herbal remedies, the Mayo Clinic lists peppermint and caraway oil as alternative medicine for stomach pain. This is only for pain NOT caused by an ulcer. Visit their webpage on abdominal pain [here](#).

[Home Remedies for Dyspepsia](#)

[Upset Stomach? Visit Your Farmer's Market](#)

[Powerful Homemade Remedies for Calming an Upset Stomach](#)

[DIY Remedies for an Upset Stomach](#)

[Soda, Crackers, and Toast: Home Remedies for an Upset Stomach](#)

[Calming an Upset Stomach Naturally: Home Remedies Such as Tea and Toast May Offer...](#)

[Home Remedies for an Upset Stomach](#)

AdChoices

FALL FOR YOUR SOLEMATE
BUY ONE GET ONE **FREE*** ON YOUR FIRST PURCHASE



3. The BRAT Diet for Diarrhea with Upset Stomach

BRAT stands for Bananas, Rice, Applesauce, and Toast. According to the National Institute of Health, the BRAT diet is commonly recommended in hospitals by doctors and nurses if diarrhea is associated with your stomach pain. The BRAT diet relieves diarrhea by introducing foods that are gentle, neutral in acidity, and absorb toxins. Over a day or two, the diarrhea will continue to lessen as you stick to these foods. Visit the NIH web page on the BRAT diet [here](#).

You should not use the BRAT diet when your abdominal pain is accompanied by vomiting. If your stomach pain includes vomiting, read below.

4. Chilled Lime Juice: Treat Stomach Pain with vomiting

First, if your stomach or abdominal pain includes vomiting, it may be from food poisoning. If this is the case, it's better to allow your stomach to expel the poison. Visit a hospital if your symptoms are severe.

In other cases, you can relieve vomiting with some common home remedies. If your vomiting comes from overeating, drinking too much alcohol, [morning sickness](#) associated with pregnancy, the common cold, or upset stomach then try chilled lime juice (one teaspoon of fresh lime juice in cold water). Lime juice works much the same way as lemons, but is a bit more gentle because of a smaller concentration of the beneficial compounds. The USDA is still studying why this works (see USDA link at the end of this article). For added benefit, you can also include some ginger.

5. Eat less food

This natural remedy for stomach pain is the most convenient because you don't need to take anything. Make a habit to cut down on the amount of food you eat in one sitting. Overeating is the most common cause for stomach pains due to eating. Remember, an ounce of prevention is worth a pound of cure.

Resources:

[USDA Paper on Lemons & Limes](#)

[Using Ginger to treat Indigestion](#)

[The Brat Diet: National Institute of Health](#)

[Mayo Clinic: Alternative Treatments for Stomach Pain](#)

Searching for **home remedy for stomach ache**?

Gastritis And Acid Reflux

Natural Chinese Formula has antibiotic function **for** fast relief.

www.naturalypure.com

Home Remedy

Find **Home Remedy** Near You. See Actual Customer Reviews!

Local.com

Upset Tummy?

Take The Pressure Off With Culturelle Kids Probiotics.

Culturelle.com

Stomach Pain

Having Abdominal Pain? Find out all about symptoms & treatments.

StomachProblem.net

Answers At Ask.Com

View Answers to Everyday Questions; Get Answers Now on Ask.com!

Ask.com/Answers

Sponsored Results



Published by [Stanley Bell](#)

[View profile](#)



Best Remedies for an Upset Stomach

The best home remedies to relieve an upset stomach due to motion sickness or general indigestion.

Upset Stomach Remedies

Upset stomach, or indigestion, is a term describing discomfort or pain in the upper abdomen. Running to the drugstore is not always an option, but luckily upset stomach remedies and natural remedies for indigestion ar...



Abdominal Pain: When to Go to th...



Product Review: Arm & Hammer Bak...



Alternative Medicine Reverses Ca...

Post a Comment as

[Empty comment box]

Post Comment

YAHOO! VOICES

- Entertainment
- Auto
- Business
- Creative Writing
- Health
- Home Improvement
- Lifestyle
- News
- Sports
- Tech
- Travel
- Slideshow Library
- Video Library

ALSO ON YAHOO!

- Autos
- Finance
- Games
- Groups
- Health
- Mail
- Maps
- Movies
- Music
- My Yahoo!
- News
- Shine
- Shopping
- Sports
- omg!
- Travel
- TV
- Contributor Network
- All Yahoo! Services »

YAHOO! CONTRIBUTOR NETWORK

- Join / Sign in
- Help
- Community
- Resources
- Blog
- Forum
- Promotional Tools
- Contests
- User Search
- Featured Contributors